

NDMU HR Newsletter

May 2018



PARTNERS IN MISSION

President Marylou Yam cordially invites you to a Eucharistic Liturgy followed by a Recognition Celebration and Dessert Reception celebrating all Partners in Mission marking anniversaries of service.

Thursday, May 10, 2018

10:30 a.m. Eucharistic Liturgy
Marikle Chapel of the Annunciation
All are invited to attend.

1 p.m. Recognition Celebration & Dessert Reception
Doyle Formal Lounge
All are invited to attend.



"IN UNITY IS OUR STRENGTH."
BLESSED THERESA, SSND FOUNDRESS



Please help us welcome...

Brinda Angra, Programmer/Analyst

Susan Coulson, Enrollment Manager

Matthew Gibson, Unified
Communications/Network Support
Specialist

Danielle Gendin, Cashier/ Business Office
Specialist

Raymond Keller, Groundskeeper I

Stephon Parker, Groundskeeper I

Got Jury Duty?

Remember to submit a stamped
proof of service to HR!

Healthy Recipe of the Month:

Berry-Almond Smoothie Bowl



Click [here](#) for the recipe.

Cigna Wellness Webcast of the Month:

Experiencing Mindfulness: An Introduction

What is mindfulness? How do you do it? What effect does it have?
Explore what it means to be mindful and to try it out.

Click [here](#) to sign up for the seminar.



2018 National ASTHMA & ALLERGY Awareness Month

Click [here](#) to learn more!



May 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 YogaWorks 12-1pm	2 Personal Training 12-1pm NO SPIN	3 YogaWorks 12-1pm SPIN 6pm SPIN 7pm	4 Personal Training 12-1pm	5
7 Monday Mile Club 11:30am Personal Training 12-1pm YogaWorks 5-6pm	8 YogaWorks 12-1pm	9 Personal Training 12-1pm SPIN 6pm	10 NO YOGA - PARTNERS IN MISSION SPIN 6pm SPIN 7pm	11 Personal Training 12-1pm	12
14 Monday Mile Club 11:30am Personal Training 12-1pm YogaWorks 5-6pm	15 YogaWorks 12-1pm	16 Personal Training 12-1pm SPIN 6pm	17 YogaWorks 12-1pm SPIN 6pm SPIN 7pm	18 Personal Training 12-1pm	19
21 ←	22	23 NO CLASSES SUMMER BREAK	24 →	25	26
28 ←	29	30	31 →		

May Birthdays! Happy Birthday to you...

1 st	Evan Todd, Marketing	18 th	Lisa Aiello, Business Office
2 nd	Debra Franklin, School of Arts, Sciences & Business	18 th	Jennifer Pohler, Enrollment Technology
4 th	Anne Lin, School of Pharmacy	20 th	Maeve O'Donovan, Philosophy
8 th	Jennifer Erdman, History/Political Science	21 st	Michael Hardy, Building Maintenance
8 th	Kenneth Sossa, Biology	21 st	Susanna Price, Enrollment Technology
8 th	Jennifer Wester, Art	24 th	Roxanne Moran, School of Nursing
9 th	Eileen O'Dea, SSND, President's Office	25 th	Therese Marie Dougherty, SSND, Foreign Language
9 th	Linda Stevens, Information Technology	25 th	Fr. William O'Brien, Campus Ministry
12 th	Juliann Dupuis, School of Education	26 th	Brandy Garlic, Student Life
12 th	Katherine Rock, A Child's Place	27 th	Marci Leadbeter, Admissions
12 th	Shannon Scheel, Registrar's Office	27 th	Paul Weldon, Biology
13 th	Rodnita Davis, School of Nursing	29 th	Regine Beliard, School of Pharmacy
14 th	Riley Aldridge, Admissions	29 th	Amy Rohrs, School of Nursing
15 th	Lindsey Crist, School of Pharmacy	31 st	Andrea Gauld, School of Pharmacy
16 th	Marleen Thornton, School of Nursing	31 st	Jazmin Turner, School of Pharmacy

Charity Event of the Month:

SPCA OF ANNE ARUNDEL COUNTY

WALK FOR THE ANIMALS



Join us for our 27th Annual
Walk and Run for the Animals!

Each spring over two thousand friends of the SPCA and their pets join us in beautiful Quiet Waters Park for our largest fundraiser. Enjoy a walk or fun run on measured courses in the park and explore our large outdoor vendor festival.

Register today online at:
www.AACSPCA.org



WALK 9 AM - 1 PM
FUN RUN 7:30 AM
CAR SHOW 9 AM - 1 PM

MAY 6, 2018
QUIET WATERS PARK

VitaMin

Vital health information in a minute



When worry turns into anxiety

It's normal to feel worried or anxious from time to time. You might feel nervous about taking a test, starting a new job or mingling at a party. A small dose of worry keeps you alert, focused and ready to do your best under pressure. But too much anxiety can interfere with daily activities and hold you back from living your life.

Anxiety can look and feel very different from person to person. Intense anxiety may be triggered by fear of certain places, activities or situations. Or it may feel like a constant worried state where you're anxious about anything and everything.

This checklist can help you identify symptoms of anxiety.

- I'm always worrying about something.
- I'm wound up and unable to relax.
- I'm tired all the time.
- I have difficulty concentrating on tasks and making decisions.
- My muscles are tensed up, tight or painful.
- I'm irritable, on edge and jumpy.
- I have unexplained physical problems, such as nausea, diarrhea or other digestive issues.
- I have trouble sleeping.
- I anticipate the worst even when there's no clear reason for concern.
- I'm afraid to try new things.
- I avoid certain people, places and things for fear that something terrible will happen.
- I have an intense worry about my own safety or the safety of loved ones.
- I use alcohol to help me cope with my nerves.
- I worry every day (sometimes all day).

Does anxiety have a hold on you?

If you're having panic attacks or bouts of anxiety that disrupt your daily life, it's time to say, "That's enough." Talk to your doctor if anxiety interferes with family, work or other parts of your life. The first step is to decide that you're ready to do something to feel better, starting today.

This is intended to be general health information and not medical advice or services. You should consult your doctor for medical advice or services, including seeking advice before undertaking a new diet or exercise program.



Together, all the way.®

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Online know-how to plan smarter for your retirement

Use our digital tools and resources

TIAA offers the online options you need to pursue the retirement you want and deserve.

Manage your retirement accounts

Log in to your account at TIAA.org to:

- Get an instant view of all your accounts, your personal rate of return and projected income in retirement
- Update personal information, including beneficiaries and notification preferences
- Manage your investments and contributions

Track all your accounts in one place

Use our 360° Financial View, through your secure account at TIAA.org.

- View all your accounts by linking them from over 11,000 financial institutions
- Track your spending
- Set up email alerts
- Create a budget in minutes
- Manage your financial life, at no additional cost

Get the app

With the TIAA app,* you can:

- See account details at a glance
- Check your contributions and investment mix to see if you're on track
- Contact your advisor or get in touch with a TIAA financial consultant
- Manage your account 24/7



* Some features not available on all devices.



With the fun and sun approaching in the spring and summer months, keep in mind that First Financial's 24/7 online and mobile banking services are always available to make your life easier. Check out convenience at your fingertips.

- View account balances and recent transactions
- Make a mobile deposit
- Transfer funds between accounts
- Apply for a loan
- Pay bills
- Find surcharge-free ATMs

Explore First Financial's mobile and online banking services at your convenience.

GET MORE INFORMATION BY CALLING 410-321-6060, OPTION 5 OR VISIT WWW.FIRSTFINANCIAL.ORG.



First Financial offers mortgages with your needs in mind. Receive service you can trust, and rates that can't be beat!

For purchases:

- Terms up to 30 years
- Fixed or adjustable rates

For refinances:

- Rates as low as 2.50% APR¹
- Fixed terms up to 15 years
- May be eligible for waived closing costs²

To discuss your options, call First Financial's Mortgage Department at 410-321-6060, option 4, or apply at www.firstfinancial.org.

¹Annual percentage rate (APR) is based on evaluation of applicant's credit and on associated loan to value (LTV) ratio. Your actual APR may vary. ²Some conditions apply.

